


Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 9:30 Balance & Mobility-Room 3/4 10:30 Adult Fitness-Room 3/4 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Bingo 1:00 Beginning Computer-Room 11 1:30 Intro to Dance Aerobics-East/West Room <div>1</div>	7:30 Chess Club-Room 1 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room <div>2</div>	9:00 Yarn Spinners-Room 1 9:30 Balance & Mobility 3/4 10:30 Adult Fitness-East/West Room 11:00 Health Talk: "Healthy Back" 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Bingo Last Day Summer Coastline Classes w/Mindy Masters <div>3</div>	7:30 Chess-Room 5 8:30 Safety Driving Class-Room 3/4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room <div>4</div>	8:30 Tai Chi-East/West Room 8:30 Safety Driving Class-Room 3/4 9:00 Yarn Spinners-Room 1 9:00 Legal Aid-by appointment 9:15 Movie: "National Velvet" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Podiatrist-by appointment only 11:30 Lunch <div>Open 8:00 AM-1:00 PM</div> <div>5</div>
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Hi-Cap-by appointment 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 Beginning Computer– Room 11 1:30 Intro. to Dance Aerobics-East/West Room <div>8</div>	7:30 Chess Club-Room 1 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room <div>9</div>	8:00 Commodities-Room 5 9:00 Yarn Spinners-Room 1 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo  <div>10</div>	7:30 Chess-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 11:00 LUAU-East/West Room 12:15 Bridge-Room 10 <div>11</div>	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Cat on a Hot Tin Roof" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch <div>12</div>
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 Beginning Computer– Room 11-Last Day <div>15</div>	7:30 Chess Club-Room 1 10:00 Attorney-by appointment 11:45 Lunch <div>16</div>	9:00 Yarn Spinners-Room 1 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:30 Diabetes Support Group-Room A 12:45 Bingo 4:30 Dinner Group at La Choza <div>17</div>	7:30 Chess-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:30 Pool Tournament w/Boys & Girls Club 11:45 Lunch 12:15 Bridge-Room 10 <div>18</div>	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "The Taming of the Shrew" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch <div>Open 8:00 AM-1:00 PM</div> <div>19</div>
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo <div>22</div>	7:30 Chess Club-Room 1 10:00 Manicures & Haircuts-West Room 11:45 Lunch <div>23</div>	8:00 Preventive Health 9:00 Yarn Spinners-Room 1 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo <div>24</div>	7:30 Chess-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 11:00 Birthday Lunch w/entertainment 12:15 Bridge-Room 10 <div>25</div>	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "The Last Time I Saw Paris" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch <div>26</div>
8:45 Balance & Mobility –Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3-4 12:45 Bingo <div>29</div>	7:30 Chess Club-Room 1 11:45 Lunch <div>30</div>	8:00 Preventive Health 8:45 Balance & Mobility –Room 3-4 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 11:45 Lunch 12:00 Mexican Train Dominoes-Room 10 12:30 Beginning Adult Fitness-A/B Room 12:45 Bingo <div>31</div>	<div> <div>AUGUST 2011</div> <div>Note: All dates, times and locations on this calendar are subject to change. Not all activities may be listed</div> </div>	
Coastline Classes	w/Mindy Masters Fall Session begins			